

Aggregate Health Assessment Summary

JourneyWell

Dawn Cvengros
AWC Meeting
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Who's taken the health assessment (HA)?

| | <u>2008</u> | <u>2009</u> | <u>2010</u> |
|----------------------------------|-------------|-------------|-------------|
| • Number of eligible individuals | 49,745 | 50,098 | 49,850 |
| • Number of HA completers | 33,751 | 34,182 | 35,080 |
| • HA completion rate | 68% | 68% | 70% |

Top Modifiable Health Risk Factors

- Summary is based on self-reported responses.

| | <u>2008 only</u> | <u>2009 Cohort</u> | <u>2010 Cohort</u> |
|--------------------------|------------------|--------------------|--------------------|
| • Overweight or obese | 66% | 67% | 67% |
| • Unhealthy food choices | 50% | 48% | 46% |
| • Frequent back pain | 38% | 38% | 40% |
| • Low physical activity | 29% | 29% | 28% |

2009 cohort responded both years (2008 and 2009) n=29,005

2010 cohort responded both years (2009 and 2010) n=30,249

2010 Readiness to Change (RTC)

| Health Risk Factors | RTC among Participants with Risk Factor | RTC among All Participants (n = 35,223) |
|-------------------------------|---|---|
| Poor nutrition quality | 59.0% (n = 30,957) | 51.9% |
| Low physical activity | 70.2% (n = 6,510) | 13.0% |
| Overweight or obese | 67.2% (n = 23,609) | 45.0% |
| Tobacco use | 51.5% (n = 3,499) | 5.1% |
| Stress | 77.3% (n = 2,255) | 4.9% |
| Back pain | 51.9% (n = 13,980) | 20.6% |
| Alcohol use | 43.6% (n = 605) | 0.7% |

Participants who are ready to change are a) Seriously thinking about making changes, or b) Have made changes within the past six months.

Health Potential

- Individuals can improve their health potential by improving even one health factor
 - increase physical activity
 - become smoke-free
 - eat five fruits and vegetables each day
 - get optimal sleep or
 - reduce risky drinking behavior

Enrollments

- During Open Enrollment

| <u>2008</u> | <u>2009</u> | <u>2010</u> |
|-------------|-------------|-------------|
| 2,174 | 2,347 | 3,548 |
- Top Four Wellness Programs (reflecting 2008-February 2011)
 - 10,000 Steps
 - Healthy Lifestyles, Healthy Weight
 - Weight eProgram
 - Stress eProgram

2010 Well-being

- Satisfaction with current job
 - 80% responded *very satisfied* to *satisfied*
- Job safety
 - 97% responded *always* to *usually* on how often have knowledge, tools and resources to perform work safely
- EAP
 - 55% responded *very unlikely* or *unlikely* to call when have a work or life concern

Considerations

- Work toward engaging more individuals in program participation and completion for better health outcomes
 - With JourneyWell communications and presence at health fairs or other employee events
- Work toward getting word out about LifeMatters
 - 24/7 availability
 - Professional resource for financial, emotional well-being, work, legal, health, family, etc. concerns